

## HEALTH & WHOLENESS

### KEY MESSAGE: Affordable Access for All

*We want a society where all people have quality, affordable health care.*

- **Health Care Is a Basic Human Right.**

I am a member of The United Methodist Church. As a denomination, we have said that health care is a basic human right. That means that each of us deserve health care regardless of our religion, social standing or ability to pay.

- **Health Care Is Part of the Abundant Life.**

God desires for humanity to thrive and be well. Jesus said, “I came that you might have life, and have it abundantly.” Denying health care to anyone in our country is counter to God’s vision for us. The United Methodist Church has encouraged hospitals, doctors and other health care practitioners to provide health care to all people regardless of their health care coverage or ability to pay.

- **The Health of Our Communities Is a Shared Responsibility.**

Because of my faith, I believe the health of our communities cannot be neglected. Along with my denomination, The United Methodist Church, I believe this is a responsibility each of us owes to others, and that the government owes to all of us. The health care of **30 million people** is at stake. Families that struggle to get by are counting on you to ensure that any replacement plan put forth assures them affordable and high-quality coverage. You cannot fail them.

### KEY MESSAGE: Quality Health Care

*We demand health care that maintains health, prevents disease, and restores health after injury and illness.*

- **Emergency Care Is Not Enough.**

Going to the emergency room is not really health care. True health care is not just treating acute illnesses and injuries. True health care seeks to maintain good health, prevents disease, and restores health after an injury or illness. That is our mandate.

- **Health Care Must Include Preventative Services.**

We call for health care that provides critical health services, including access to life-saving medicines, mental health services, preventative care, prenatal services and other vital treatments necessary to maintain health. Preventative care is a key part of this. Health care components like yearly physicals, immunizations and cancer screenings are vital to the abundant life God desires for us.

### KEY MESSAGE: Health Care Reform

*We insist that Congress have a robust plan before repealing the Affordable Care Act, and that the replacement needs to result in more coverage, not less.*

- **Repealing the ACA Without a Comprehensive Plan Is Unconscionable.**

Any repeal of the Affordable Care Act should be done simultaneously with an adequate replacement plan that preserves affordable, quality coverage. No individual who is currently insured through the Affordable Care Act should lose insurance coverage. We’re talking about **millions of Americans** who currently get their insurance through the health care exchange. Abandoning them is not an option.



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### Making The Call

Calling your member of Congress is extremely simple.

- 1 Find out who your members of Congress are.**  
Unless you live somewhere like Washington, D.C., and Puerto Rico, you have one representative and two senators. You'll want to call all three of them. If you're not sure who your representatives and senators are, go to [www.callmycongress.com](http://www.callmycongress.com) and find out.
- 2 Get yourself ready.**  
Think about what you're going to say. Write out a script if it will help. The person who answers the phone will likely ask if you want a response, it's better if you say you don't. They'll also want to make sure you're actually a constituent, so they'll likely ask where you live. If they don't, make sure to tell them your name and zip code. Make sure to be clear about why you're calling early on. If you can think of one, tell a story of how you or someone you know depends on health care. Tell them why health care is important to you. Take a look at the talking points we've provided. You don't need to be a policy expert. Talk from a place of our United Methodist values. It also doesn't need to be long. You won't be on the phone for longer than a minute. End with a question: what will the congressperson/senator do to ensure that all people have access to high-quality, affordable health care, especially people with low and middle incomes? At the end of the call, be sure to thank them for their time.
- 3 Make the call.**  
Dial the Capitol switchboard at (202)224-3121. An operator will answer. Ask to be connected with your member's office. A staff person from their office will answer. You make your statement. Thank them for taking your call. Easy, right? Now do it two more times for your other members!

### *Here's an example of what one Church and Society staff person said:*

Hi, my name is Susan Burton. I live in Washington, D.C., zip code 20002. I am calling to support expanding affordable access to quality health care. I have had epilepsy since I was 15 years old. Without the ability to pay for appointments with my neurologist and medications, I would not be able to work or care for my family. As a United Methodist, I believe that the health of our communities is a shared responsibility. What is the congresswoman doing to ensure that all people have access to affordable, quality health care without regard to religion, social standing or their ability to pay? *<pause a response>* Thank you for your time.



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**General Board of Church and Society**

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